

Child Care Health Consultation Lesson Plan

Contractor Name: DEPARTMENT STANDARDIZED LESSON PLAN

Date Submitted: AUGUST 22, 2014

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input checked="" type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input type="checkbox"/> Promoting Healthy Eating	

Title: Healthy Drinks for Kids

Training Goal: Caregivers use current information and resources to identify healthy beverages to promote physical health in children

Learning Objective(s): Participants will:

- Name beverages that are healthy for young children to consume
- Differentiate between 100% fruit juice and other fruit juice-containing drinks
- Promote water consumption for health benefits
- Differentiate between energy drinks and sports drinks

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introductions (speaker and topic) & Learning objectives	Lecture/discussion	5 min
Why what kids drink is important Caloric intake Obesity prevention Tooth and bone development	Lecture / power point Discussion	15 min
Breakdown of beverages consumed by kids Water Milk Juice (100%) Juice drinks Sodas	Lecture / power point discussion	25 min
Energy and Sport Drinks /Caffeine	Power point / discussion	10 min
Wrap up	Questions / discussion	5 min
		Total training time: 1 hour

Method(s) of Outcome Evaluation: Questions, responses to discussion, participation

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APPROVED FOR ONE (1) CLOCK HOUR

Date Approved:
August 22, 2014

Authorized Approval Signature:



Date Expires:
August 2017